

# JULY


## Pollock

Legend

Do - Downey  
Ha - Hagey  
Jo - Johnston  
Ma - Matthews  
Po - Pollock

Wr - Wright  
C - Chapel  
CC - Community Centre  
CY - Courtyard  
FC - Fitness Centre

L - Library  
MS - Main Street  
RH - Retirement

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b> <b>Canada Day</b> 9:30 Rosary (C) 11:00 Parade 2:00 Canada Day Party with Lynne & Rick (MS) 6:30 For the Soul (C)	<b>2</b> 10:30 YMCA Camp (MS) 1:15 Art with Sonal 2:00 Daily Perk 2:30 Stepping Out 3:30 Balance Class (FC) 6:30 Games Night (CC)	<b>3</b> 9:30 Chapel Service (C) 10:30 Zumba (FC) 11:00 Stepping Out 2:00 Green Thumbs 2:30 Brains and Banter 6:30 Active Games (MS)	<b>4</b> 9:00 Daily Perk 11:00 Hello Pollock 2:00 Bingo! (Po) 3:30 Banded Strength (FC) 6:30 Crafting Club (CC)	<b>5</b> 9:15 Keep it up 10:30 In the Kitchen ~ Make your own Pizza 2:00 Entertainment (Po)
<b>6</b> 10:00 For the Soul 11:00 Strawberry prep 2:00 Fresh Strawberry Sundae's	<b>7</b> 9:15 Stepping Out 11:00 Who Am I? 2:00 Bowling 3:30 Total Body Fitness (FC) 6:30 Game Show Trivia (C)	<b>8</b> 9:30 Rosary (C) 10:00 VAN Outing: Donkey Sanctuary 10:30 Sit 'N Get Fit 2:00 Bingo (MS) 3:15 Hand Therapy (FC) 6:30 In The Kitchen (CC)	<b>9</b> 10:30 YMCA Camp (MS) 1:15 Art with Sonal 2:00 Daily Perk 2:30 Stepping Out 3:30 Balance Class (FC) 6:30 Games Night (CC)	<b>10</b> 9:30 Chapel Service (C) 10:30 Zumba (FC) 10:30 Travelling Cart 2:00 Green Thumbs 2:30 Hello Pollock! 6:30 Active Games (MS)	<b>11</b> 2:00 BINGO (Do) 3:30 Active Games (FC) 4:00 Stepping Out 6:30 Crafting Club (CC)	<b>12</b> 9:00 Podcast on the Patio 10:30 Sunshine Club 2:00 Entertainment (Jo)
<b>13</b> 10:00 For the Soul 11:00 Stepping Out 2:30 Express Yourself	<b>14</b> 3:30 HIIT (FC) 2:00 Hello Pollock! 3:30 Soothing Sensations 6:30 Game Show Trivia (C)	<b>15</b> 9:30 Rosary (C) 10:30 Sit 'N Get Fit 1:30 Bus Outing 2:00 Bingo (MS) 3:15 Tai Chi (FC) 6:30 For the Soul (C)	<b>16</b> 10:30 YMCA Camp (MS) 1:15 Art with Sonal 2:00 Daily Perk 2:30 Stepping Out 3:30 Balance Class (FC) 6:30 Games Night (CC)	<b>17</b> 9:30 Chapel Service (C) 10:30 Zumba (FC) 11:00 Brains and Banter 2:00 Green Thumbs 2:00 Residents Council (C) 2:30 Stepping Out 6:30 Active Games (MS)	<b>18</b> 9:00 Daily Perk 11:00 Hello Pollock 2:00 Bingo! (Po) 3:30 Banded Strength (FC) 6:30 Crafting Club (CC)	<b>19</b> 9:15 Keep it up 10:30 Sunshine Club 2:00 Entertainment (Do)

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>20</b> 10:00 For the Soul 11:00 Active Game 2:30 Movie Time!	<b>21</b> 9:30 For the Soul 12:00 Dinner’s club Fish & Chips 3:30 Total Body Fitness (FC) 6:30 Game Show Trivia (C)	<b>22</b> 9:30 Rosary (C) 9:30 VAN Outing: Tim Hortons 10:30 Sit ‘N Get Fit 2:00 Bingo (MS) 3:15 Hand Therapy (FC) 6:30 In The Kitchen (CC)	<b>23</b> 10:30 YMCA Camp (MS) 1:15 Art with Sonal 1:30-3:30 Pursuit of Passions Event (RH) 3:30 Balance Class (FC) 6:30 Games Night (CC)	<b>24</b> 9:30 Chapel Service (C) 10:30 Zumba (FC) 2:00 Pub Afternoon (MS) 2:00 Green Thumbs 6:30 Active Games (MS)	<b>25</b> 2:00 BINGO (Do) 3:30 Active Games (FC) 3:30 Stepping Out 6:30 Crafting Club (CC)	<b>26</b> 9:00 Podcast on the Patio 10:30 Sunshine Club 2:00 Entertainment (Wr)
<b>27</b> 10:00 For the Soul 11:00 Stepping Out 2:30 Movie Time!	<b>28</b> 3:30 HIIT (FC) 2:00 Hello Pollock! 3:30 Soothing Sensations 6:30 Game Show Trivia (C)	<b>29</b> 9:30 Rosary (C) 10:30 Sit ‘N Get Fit 2:00 Bingo (MS) 3:15 Tai Chi (FC) 6:30 For the Soul (C)	<b>30</b> 10:30 YMCA Camp (MS) 1:15 Art with Sonal 2:00 Daily Perk 2:00 Food Committee (Jo) 2:30 Stepping Out 3:30 Balance Class (FC) 6:30 Games Night (CC)	<b>31</b> 9:30 Chapel Service (C) 10:30 Zumba (FC) 11:00 Stepping Out 2:00 Green Thumbs 2:30 Karaoke! 6:30 Active Games (MS)		

### Entertainment:

July 5th - Entertainment with the Dynamic Duo on Pollock  
July 12th - Entertainment with Kevin on Johnston  
July 19th - Entertainment with R&S Country on Downey  
July 24th - Pub Afternoon with Sheryl Walsh on Main Street  
July 26th - Entertainment with Henry on Wright

### Outings:

June 8 - Donkey Sanctuary - Summit & Sydney  
June 22 - Tim Hortons - Summit

### Calendar Planning and Resident Bill of Rights

We invite you to attend this meeting on your neighbourhood. Learn about your Bill of Rights. Have your input as we plan next month’s activities, programs, and outings!  
Hosted by your Recreation Team Member.

### Your Recreation Team:

Full-Time - Summit  
Part-Time - Sydney